


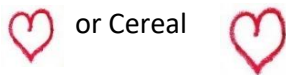
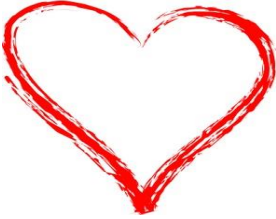


February 2019 Merrilan Elementary Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Harvest of the Month</p> <p>This month is almonds, although we do not serve these at school I would encourage you to look for some of the great flavored almonds, smoked, spicy or dusted with cocoa powder. Nuts come in many varieties and are great for snacking.</p>	 <p>www.jacksoninaction.org</p>			<p>1</p> <p><u>BREAKFAST</u> Combo Bar or Cereal with Toast</p> <p><u>LUNCH</u> Texas BBQ Pork or Cheese Burger on a Bun Baked Chips</p>
<p>4</p> <p><u>BREAKFAST</u> Cinnamon Roll or Cereal with Flavored Yogurt</p> <p><u>LUNCH</u> Chicken Nuggets or Fish Sticks Scalloped Potatoes Bread and Butter</p>	<p>5</p> <p><u>BREAKFAST</u> Banana Bread or Cereal</p> <p><u>LUNCH</u> Hot Ham/Cheese Croissants or Breaded Pork Patti on a Bun Potato Soup</p>	<p>6</p> <p><u>BREAKFAST</u> Combo Bar or Cereal with Toast</p> <p><u>LUNCH</u> Ranch Chicken Wrap or Ling's Buffalo Chicken Wrap Baked Beans Sunchips</p>	<p>7</p> <p><u>BREAKFAST</u> Fruit/Yogurt Parfait or Cereal w/ Giant Goldfish Graham</p> <p><u>LUNCH</u> Tater Tot Hotdish or Cheeseburger Macaroni Bread and Butter</p>	<p>8</p> <p><u>BREAKFAST</u> Toasted Bagel or Cereal with Cheese Stick</p> <p><u>LUNCH</u> Individual Round Pizza or Ham/Cheese Sandwich Steamed Corn</p>
<p>11</p> <p><u>BREAKFAST</u> Breakfast Burrito or Cereal</p> <p><u>LUNCH</u> BBQ on a Bun or Grilled Cheese Baked Beans</p>	<p>12</p> <p><u>BREAKFAST</u> English Muffin w/PB or Cereal w/ Flavored Yogurt Cup</p> <p><u>LUNCH</u> Meatballs and Gravy or Chicken Strips Mashed Potatoes Bread and Butter</p>	<p>13</p> <p><u>BREAKFAST</u> Oatmeal or Cereal w/ 2 pcs Cinnamon Toast</p> <p><u>LUNCH</u> Cuban Sandwich or Breaded Chicken Patti on a Bun Doritos</p>	<p>14</p> <p><u>BREAKFAST</u> Breakfast Grilled Cheese or Cereal</p> <p></p> <p><u>LUNCH</u> Chicken Quesadilla or Spicy Chicken on a Bun Tortilla Chips Black Bean Salsa Side Kick Juice</p>	<p>15</p> <p><u>BREAKFAST</u> Pancake on a Stick or Cereal with Toast</p> <p><u>LUNCH</u> Cheese Stuffed Bread Sticks or Uncrustable with a Cheese Stick Marinara Pasta Broccoli</p>

February 2019 Merrillan Elementary Menu

Monday	Tuesday	Wednesday	Thursday	Friday
18 NO SCHOOL 	19 <u>BREAKFAST</u> Breakfast Pizza or Cereal with Toast <u>LUNCH</u> Spaghetti with Meat Sauce or Chicken Alfredo Penne Pasta Garlic Bread Stick	20 <u>BREAKFAST</u> Breakfast Sandwich or Cereal with Toast <u>LUNCH</u> Chicken Nuggets or Meatloaf with Gravy Mashed Potatoes Dinner Roll and Butter	21 <u>BREAKFAST</u> Zucchini Bread or Cereal <u>LUNCH</u> Soft Shell with Taco Meat or Chicken Fajita Meat Refried Beans	22 <u>BREAKFAST</u> Combo Bar or Cereal with Toast <u>LUNCH</u> Pizza or Meat/Cheese on a Bun Hot Vegetable
25 <u>BREAKFAST</u> Baked Oatmeal Bar or Cereal with Cinnamon Toast <u>LUNCH</u> Hot Beef on a Bun or Grilled Ham and Cheese Steamed Corn Side Kick Juice	26 <u>BREAKFAST</u> Cinnamon and Sugar Bites or Cereal <u>LUNCH</u> Deli Sub or BBQ Rib Patti on a Bun Baked Chips Baked Beans	27 <u>BREAKFAST</u> Breakfast Fruit Bar or Cereal with a Cheese Stick <u>LUNCH</u> Breaded Pork Patti or Popcorn Chicken Stuffing Bread and Butter	28 <u>BREAKFAST</u> Fruit/Yogurt Parfait or Cereal w/ Giant Goldfish Graham <u>LUNCH</u> Hot Dog on a Bun or Uncrustable Macaroni and Cheese	March 1st <u>BREAKFAST</u> Green Eggs and Ham or Cereal with Toast <u>LUNCH</u> Cheese Burger or Deli Sub Baked French Fries

An optional mid-morning Grab 'n Go breakfast is offered at the Jr/Sr High School and includes:

- 100% fruit juice
- Fresh fruit and vegetable selections
- Grains: cereal, pancakes, breakfast bar, muffin, or cinnamon roll
- Protein such as yogurt or a cheese stick

All meals are served with 8 oz of milk: non-fat chocolate, 1% low fat, or non-fat white milk.

GARDEN BAR IS STILL INCLUDED WITH THE MEAL OPTIONS: MANY VARIETES OF FRESH FRUITS AND VEGETABLES TO SELECT FROM TO COMPLIMENT YOUR MEAL.

This institution is an equal opportunity provider.

